



Gender-Specific Nutrition Programmes in Urban Ghanaian Community Health Clinics: Maternal Outcomes Over Three Years

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Abstract

Urban Ghanaian community health clinics face challenges in addressing maternal nutrition deficiencies, particularly for women of reproductive age. A qualitative study using semi-structured interviews and focus group discussions with mothers and healthcare providers in selected clinics. Gender-specific interventions showed significant improvements in dietary diversity among women, with a notable increase of 25% in the number of food groups consumed per week compared to baseline. The study underscores the importance of tailored nutrition programmes for maternal health improvement in Ghanaian urban settings. Further research should focus on scaling up these interventions and evaluating their long-term impacts across different socioeconomic contexts.

Keywords: *African Geography, Maternal Nutrition, Qualitative Research, Gender Studies, Community Health, Anthropology, Empirical Inquiry*

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